



Maratha Vidya Prasarak Samaj's
Arts and Commerce College, Taharabad
Tal. Baglan, Dist. Nashik
Maharashtra -423302

One Week Certificate Course on

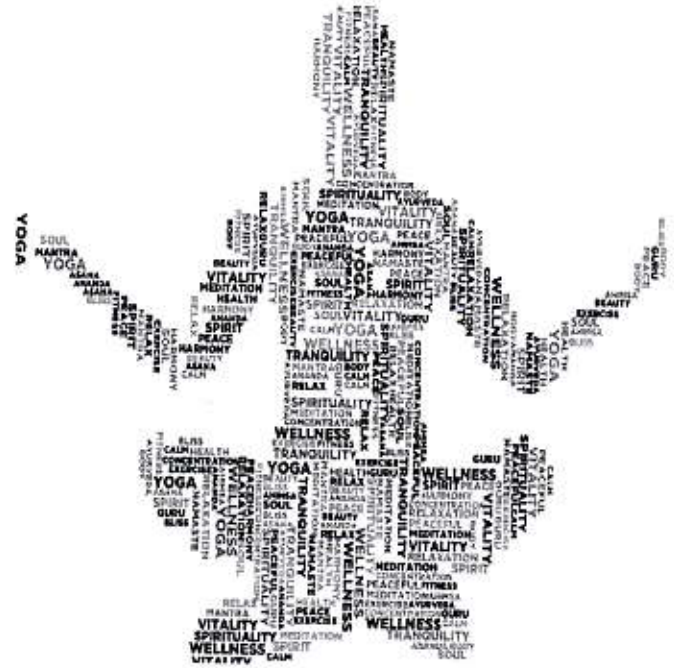
YOGA



Contact:
Mr. Suresh D. Ingale
8390478655

Time: 10:00 to 1:00
7th to 11th January, 2020

LOVE,
PEACE,
and **JOY**
through
YOGA



Literature
Anatomy
Yogasanas

- Pranayam**
- Suryanamskar**
- Chakra**
- Mudras**
- Kriyas**

